

SPRING CLEANING FROM THE INSIDE OUT

heart & soul

**THE BLISS
OF INNER
& OUTER
BEAUTY**

Producers **Jada
Pinkett-Smith**
and **Sidra Smith**
present **Free Angela**
and **All Political
Prisoners**

**SEASONAL
EATING**

**WHO
WEARS
SHORT
SHORTS?**

Shine 
Bright
Like a
Diamond!

**SPRING INTO
ACTION WITH
CELEBRITY
TRAINER
BIG LEZ**

A TELLING
SMILE:
PEDIATRIC
DENTISTRY



Contributors



ASHLEY THOMPSON
Educator: Family Matters Pg. 23

Ashley Thompson is an Arts Educator who lives in Los Angeles Ca. with her sons Magnus 7 1/2 and Thaddeus 2 1/2. She co-owns Creative Seeds with Musiic Galloway. MA ~Musiic and Ashley currently do private in home classes with groups of families. They bring music, creative movement, yoga, art, (and cooking is coming!) to homes in Los Angeles. growcreativeseeds.com and lovmusiic.com



REVEREND NAFISA SHARRIFF
Reverend: Fresh Spring Cleaning Pg. 12

Reverend Nafisa Sharriff is an ordained Interfaith Minister. She is the Founder and CEO of Entering the Holy of Holies, An Institute of Learning and Healing, Inc. Nafisa is a Meditation Master and instructor of Traditional West African Folklore from the Old Malian Empire.

CATHLEEN TRIGG-JONES
Writer: Culture Pg. 44

Cathleen Trigg-Jones is an EMMY Award winning writer and producer with more than 15-years of experience as a television news anchor and reporter. She is also a wife and mother, and owns her own TV and film production company.



DR. K
Doctor: Prevention Pg. 14

Dr. K is a Board Certified ObGyn. She is a practicing physician at the Fresno Women's Medical Group (FWMG). For more information please visit www.fwmg.org.



NNEKA SAMUEL
Writer: FitDeck Pg. 39

Nneka Samuel is a Washington, D.C. native now living in L.A. She received her MFA in Screenwriting from UCLA and is currently adapting the book "Better Than I Know Myself" into a feature film. To contribute to her Avon Breast Cancer Walk journey, visit her personal page at Avonwalk.org.



ESI EVANS
Astrologist: Horoscopes Pg. 54

Esi Evans is a master astrologist with more than 15 years of expertise. She envisions a world of magic, passion, and aliveness. Her unique blend of reconnecting to the soul—the spiritual tune-up—incorporates her passions for transformative medicine and the natural healing arts.



SPRING CLEANING INSIDE AND OUT!

Spring has sprung! It's time to leave behind the dark days of winter and embrace the beauty of our own light!



ninety

DEGREES IS THE INCLINATION OF THE EARTH'S AXIS TO ITS EQUATOR WHILE AT THE EQUINOX, THE DATE WHEN DAY AND NIGHT ARE THE SAME LENGTH.
Source: NOAA: Science On a Sphere (2011-07-21). Day Night Terminator. Equinox[®] at Oxford Dictionaries

SPRING INTO ACTION

Cleanliness Is Next To Godliness

Recently Entering the Holy of Holies, Inc. facilitated a 10-Day Cleanse in anticipation of the Spring Equinox (equal length of day and night). Many detoxifying programs emphasize only the cleansing of the physical body. However, all four of the Cleanses that they offer (Spring Equinox Cleanse, Summer Solstice Cleanse, Fall Equinox Cleanse and Winter Solstice Cleanse) are designed to not only detoxify the physical body but also the spiritual, mental and emotional bodies as well. Through diet, meditation, dance class and a variety of other health services, they support your cleanse process.

SPRING CLEANING TIPS

- 01 Drink more water with the intention of "refreshing and purifying your body!"
- 02 Create quiet, alone time in nature for at least 10/15 minutes each day or as often as possible.
- 03 Practice "deep listening", paying full attention to how you feel in any given moment.
- 04 Be honest and speak only words of Truth and Love to yourself and others.
- 05 Choose to be Happy! For example utilize actions of "letting things go" or "choosing our battles".

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